



A Guide to Creating a Youth Crisis and Safety Plan

Why do it?

The Crisis & Safety Plan is a tool you can use to support youth through crisis. Each crisis is different and although some elements may be similar, a little planning will go a long way to help you with understanding and knowing what the youth needs during a time when it may be difficult to focus and think calmly.

What information should I share?

The purpose of the Crisis & Safety Plan is to inform and remind the youth, the family, and sometimes those working with the youth about symptoms, behaviors, and what works and doesn't work to help during a crisis. It is a place for the parent and youth to share information that might be helpful to de-escalating a crisis. The Crisis & Safety Plan is designed to be crafted by the youth with supportive assistance.

The Crisis & Safety Plan can be updated at any time. Whenever the youth learns new strategies to calm or soothe during escalation it should be added to the plan. Alternatively, interventions that do not work or situations or people that are not helpful are also good to add to the plan.

The Crisis & Safety Plan should be crafted in calm moments, or after the youth has had a chance to debrief following a crisis to add insights about potential prevention and intervention strategies. The following is a list of questions to consider when drafting the plan:

- Who will be the most helpful to the youth during a crisis?
- What might a responder or helper need to know about your listed supports if they are asked to call for you?
- Who does the youth find most calming? Would it be helpful to call them during a crisis?
- Are there professional supports who should be contacted? (counselors, social workers, physicians)
- What do you think might be helpful to reduce the risk of harm and injury to the youth and/or the family?
- Have there been strategies to reduce risk of crisis/harm/injury that have worked in the past?
- Have there been strategies that have worked to help the youth become calm during crisis? If yes, what were they?

Crisis and Safety Plan for _____

I prefer to be called:		Date of Plan:
Date of Birth:	Gender:	My Pronoun:
I live with:		
Medical conditions:		
Allergies:		
Medications: <i>Include prescription AND over the counter medication</i>		
Anyone working with me should know this important information about my faith, language, or culture:		

When I am in crisis...	
Crisis Symptoms, Behaviors, & Crisis Response	
This is what a crisis looks like for me: <i>These are my words, actions, or behaviors that will let others know that I am in crisis.</i>	This is what a crisis feels like for me: <i>This is how my body feels when I am in crisis and/or what is going on in my mind during crisis.</i>
When I am really upset or in crisis I can sometimes be unsafe in these ways:	
These are things that help calm me or ways that others can help calm me when I am upset or in crisis: <i>(this can include comfort items, food, drink, music, and/or people you find comforting)</i>	

When I am in crisis...	
Crisis Symptoms, Behaviors, & Crisis Response	
This can make things worse when I am upset or in crisis:	
These are people who will support me when I am upset or in crisis:	This is a list of my doctors, counselors, clergy, or others who help me when I am in crisis:
Name:	Name:
Relationship to me:	Relationship to me:
Phone:	Phone:
How I want them to help me:	How I want them to help me:
Name:	Name:
Relationship to me:	Relationship to me:
Phone:	Phone:
How I want them to help:	How I want them to help:
Name:	Name:
Relationship to me:	Relationship to me:
Phone:	Phone:
How I want them to help me:	How I want them to help me:

After the immediate crisis is over...
Recovery & Crisis Prevention
This is a safe place where I can be following a crisis:
These are comfort items that make me feel safe:

I might be hungry or thirsty following a crisis; these are foods and/or drinks that make me feel better:

This is who I would like to help me and how they can help (*face-to-face check-ins, phone call check-in, etc.*):

This is my plan if I begin to feel very early signs or symptoms of crisis again:

Helpful Numbers to Remember

Crisis Line:	Suicide Hotline:
Local Urgent Care:	Primary Care:
Psychiatrist	Counselor:

Planning to Prevent Crisis in the Future

Early Signs of Crisis Risk & Crisis Early Intervention

These are **things or situations that upset me** and can lead to a crisis: (*These are risk factors for me*)

These are what **early warning signs/symptoms** leading up to a crisis **looks like** for me: (*This what others have observed*)

This is what other people have observed are the **things or situations that upset me**; this can lead to a crisis: (*risk factors*)

These are what **early warning signs/symptoms** leading up to a crisis **feels like** for me: (*This is how my body feels or what is going on in my mind*)

Using my knowledge about things and situations that upset me and lead to crisis and knowing what my early warning signs and symptoms are, the following are steps I can take to increase my ability to prevent future crisis: (*list the risk factor and then next to it under "strategies" list a coping skill that helps reduce distress*).

Risk factors, early warning signs, and/or symptoms:
The risks I face.

My Coping Strategies:

Things that make me feel better or safe early in an emerging crisis. These are coping skills that work for people, taking a walk, listening to music, deep breathing, journaling, etc.)

My Strengths When I am well/My Best Days	
My talents and strengths:	
This is what my life looks like on my best days or when I am well :	These are things I enjoy on my best days or when I am well :
This is my vision of the future that I want for myself:	This is what I think it will take to reach my goal(s) for the vision of the future I see for myself:
These are things about my life that I enjoy :	These are the services or supports that have worked well for me: